



PREGNANCY PREPARATION TIPS

BY DR. JOISELLE CUNNINGHAM SMITH

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INTRODUCTION

Bringing a child into the world is pivotal for yourself and your lineage. Pregnant women walk between two worlds and bring souls to the planet.

When you are planning to give birth, you will need to begin a preparation period that includes healthy eating and exercising, taking a prenatal vitamin, removing plastics from your diet and ensuring that you are in a stress-free environment - including your job. Your partner must also do this work.

When you become pregnant, finding a chiropractor, reiki healer and healing any outstanding issues between your parents is very important. These issues may not belong to you. They may be ancestral, needing you to heal before the next generation. If issues arise during this time, find ways to heal at the root through therapy, direct conversations, meditation and prayer. Use your intuition in the situations that arise to tackle them and draw in the resources to heal them.

For example, let's say that you are preparing to be pregnant and you realize that your relationships (family, friendships etc.) are out of balance. You notice that you're putting in more than you're getting and that you want that to change. Use the resources listed above to heal it at the root BEFORE calling in new relationships. What did you experience as a child that needs to be healed? Were there times when you felt that you needed to overgive in order to be loved? Why?

When you are preparing for childbirth, visualize the process, including being surrounded by your wise and well ancestors to support you and the soul you will bring into the world.

PHYSICAL HEALTH

Chiropractic Care

Pain management and baby positioning

During pregnancy, your body goes through a lot of changes. These changes can be uncomfortable and painful, including weight gain, hormonal fluctuations, and postural adjustments. Chiropractic care offers safe and non-invasive techniques that can help relieve your pregnancy-related discomfort and improve your mobility.

Chiropractors use spinal adjustments, soft tissue mobilization, and therapeutic exercises to help you feel better and ensure your baby's optimal positioning. Plus, proper alignment of your pelvis and spine can make your delivery easier and safer.

Tips for finding a prenatal chiropractor:

- Use Google or Yelp to search for a chiropractor who has experience working with pregnant women.
- Be sure to check their qualifications. Make sure they are licensed and have the appropriate certifications.
- Read reviews or get recommendations. Check Yelp and Google for reviews.
- Ask on social media for recommendations or referrals from friends and family.
- Schedule a consultation to see if the chiropractor is a good fit for you.

PHYSICAL HEALTH

Massage Therapy

Prenatal massage

Massage therapy, including prenatal massage, can be a great option for pregnant women looking to manage pain and improve their overall wellbeing. Prenatal massage is tailored specifically to the needs of pregnant women, and can help alleviate back pain, joint pain, and headaches, as well as reduce swelling and promote relaxation.

Tips for finding a prenatal massage therapist:

- Look for either a prenatal massage therapist or at least someone who has experience working with pregnant women.
- You can use Google, Yelp, etc.
- You can also ask for referrals from friends, family, or healthcare providers.
- Check reviews on Yelp, Google and social media.
- If possible, schedule a consultation to get a feel for them and make sure they're a good fit for you.

PHYSICAL HEALTH

Personal Training Specific to Pregnancy

Develop core strength

Developing core strength can help alleviate back pain, improve posture, and reduce the risk of diastasis recti (separation of the abdominal muscles). A personal trainer who is experienced in working with pregnant women can design a safe and effective exercise program tailored to your individual needs and goals. Plus, staying active during pregnancy can help boost energy levels, improve mood, and promote better sleep.

Tips for finding a personal trainer:

- Search online for prenatal personal trainers. You might not be able to find a personal trainer specifically for pregnant women, so you can also search for personal trainers that have experience working with pregnant women.
- Your doctor may have recommendations.
- You also ask in local women's fitness groups on social media as well as friends and family.
- Be sure to check reviews on Yelp, Google and social media.

NUTRITION

Prenatal vitamins and other supplements

I used MyKind Organics prenatal, but there are many others

Higher quality, organic food

By choosing organic foods, you can avoid exposure to harmful pesticides and chemicals, and get more of the nutrients your body needs to support a healthy pregnancy.

Avoid plastics in food

Many plastic containers, particularly those made of lower quality plastics, contain microplastics that can leach into your food. Switching to non-plastic options, like glass or stainless steel, can reduce your exposure to these toxins, plus they last longer and are better for the environment. Costco is a great place to get glass storage containers.

SUPPORT

Support for home/work responsibilities when you feel sick, tired, nauseated etc.

Here are a few time-saving apps to get started:

- Housework & Chores:
 - [TaskRabbit](#) - household tasks
 - [Instawork](#) - business/work tasks
 - [Instacart](#) - grocery shopping
 - [Thumbtack](#) - home repair
- Child & Pet Care:
 - [UrbanSitter](#)
 - [Care.com](#)
 - [WeeCare](#)
 - [Rover](#) - Pet Care
- Support & Community
 - Mom FaceBook groups
 - [NextDoor](#)

EDUCATION

Books I recommend

- [*Here's the Plan.: Your Practical, Tactical Guide to Advancing Your Career During Pregnancy and Parenthood*](#) By Allyson Downey

Accounts to follow

- [@Labor.Nurse.Mama](#) on Instagram has a great course and community that I would recommend.

Podcasts to listen to

- [*What to Expect*](#) By Heidi Murkoff author of “What to Expect When You’re Expecting”

SPIRITUAL HEALTH

Chakra Healing

We are a family of healers, which means that you need to repair and restore your chakras regularly through meditation, salt baths and connections in nature. Meditations to clear your chakras can be found on YouTube. This should be done at least on a weekly basis.

Reiki Healing

If you don't notice a difference after a session, do not dismiss reiki, dismiss the practitioner. Many are not skilled healers and although they may have positive intentions, they do not always know how to help to heal energy systems.

Inner Child Healing

These meditations are helpful with working on a practice with inner-child healing. These can be used to help with recurring patterns that you would like to break.